



ACITRETIN

Information leaflet

1. What is acitretin?

Acitretin is a type of medication called a retinoid which is related to vitamin A and works by slowing down cell growth in the skin.

2. What skin conditions can be treated with acitretin?

- Psoriasis
- Darier disease
- Ichthyosis
- Lichen planus
- Lupus
- Pityriasis rubra pilaris

3. How long will I need to take acitretin before I can see an effect?

Your skin condition will start to improve in approximately 2 weeks and continue to do so up to 12 weeks. The improvement should persist while still taking acitretin.

4. How do I take acitretin?

Acitretin is usually taken once a day after food. The medication is available as 10 mg and 25 mg capsules and should be taken as prescribed.

5. What are the possible side effects of acitretin?

a. Frequent side effects

- Dry skin (can be treated with moisturisers)
- Soreness, peeling and cracking of lips (can be treated with lip balms)
- Soreness and bleeding of the inner nose (can be treated with antibiotic ointments)
- Dry eyes (can be treated with artificial tears)
- Fragile skin
- Minor skin infections
- Increased tendency for sunburn (use sunscreen and sun protection measures)
- Mild headaches

b. Rarer side effects

- Raised pressure around the brain: headache, nausea, visual disturbance
- Mild and reversible liver inflammation
- Reversible hair loss and thinning
- Reduced night vision
- Gastrointestinal upset, nausea, abdominal pain
- Muscle aches after exercise
- Calcium deposits around bones: pain, stiffness

6. What precautions should I take?

a. Acitretin can cause serious damage and birth deformities in an unborn baby

Acitretin must never be taken during pregnancy. Moreover, women need to wait at least 3 years before trying to get pregnant.

b. Alcohol prolongs the time that acitretin is stored in the body

Avoid alcohol as risk of side effects is increased (e.g. liver inflammation, raised blood fats). Women of child-bearing age must not consume any alcohol (in food, drink or medicines) during treatment with acitretin and for 2 months after stopping acitretin.

c. Do not donate blood for at least 3 years after stopping treatment in case the donated blood is given to a pregnant woman as it can potentially cause damage to the developing baby.



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d. Acitretin can worsen diabetes, raise blood lipids and cause liver inflammation. Please inform your doctor before treatment if you have had any of these problems.

e. Inform your doctor and pharmacist that you are taking acitretin before taking any new medication.

Medications that may interact with acitretin include:

- Vitamin A supplements (should not be taken)
- Tetracycline antibiotics
- Methotrexate
- Anticonvulsant medication
- Progesterone only/mini-pill

7. How will I be monitored for the side effects of acitretin?

Fasting blood tests (for liver and kidney function, blood lipids) are performed before starting treatment and every 3 months. Children who take acitretin should have their growth monitored.



ACITRETIN (阿曲汀)

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1. 什么是阿曲汀？

阿曲汀是一种被称为视黄醇类药物，与维生素A相关，通过减缓皮肤细胞的生长发挥作用。

2. 阿曲汀可以治疗哪些皮肤疾病？

- 银屑病
- 毛囊角化病
- 鱼鳞癣
- 扁平苔藓
- 狼疮
- 毛发红糠疹

3. 我需要服用阿曲汀多久才能看到效果？

您的皮肤状况将在大约2周内开始改善，并在12周内持续改善。改善会在继续服用阿曲汀的期间内持续。

4. 我该如何服用阿曲汀？

阿曲汀通常在每天饭后服用一次。该药物有10毫克和25毫克的胶囊，应按处方服用。

5. 阿曲汀可能会造成的副作用是什么？

a. 常见副作用

- 皮肤干燥（可用保湿霜治疗）
- 唇部疼痛、脱皮和干裂（可用润唇膏治疗）
- 鼻子内侧疼痛和出血（可用抗生素软膏治疗）
- 眼睛干燥（可用人工泪液治疗）
- 皮肤脆弱
- 轻微的皮肤感染
- 易晒伤（使用防晒霜和防晒措施）
- 轻度头痛

b. 罕见副作用

- 颅内压升高：头痛、恶心、视力障碍
- 轻度和可逆的肝脏炎症
- 可逆的脱发和头发稀疏问题
- 夜视能力降低
- 胃肠不适、恶心、腹痛
- 运动后肌肉酸痛
- 骨骼周围的钙沉积：疼痛、僵硬

6. 我应该采取哪些预防措施？

a. 阿曲汀会对未出生的婴儿造成严重损害和畸形

阿曲汀绝不能在怀孕期间服用。此外，女性需要等待至少3年才能尝试怀孕。

b. 酒精会延长阿曲汀在体内的储存时间

避免饮酒，因为会增加副作用的风险（如肝脏炎症、血脂升高）。育龄女性在治疗期间及停止治疗后2个月内不得食用任何含酒精的食物、饮料或药物。

c. 停止治疗后至少3年内不得献血，以防止捐献的血液被分配给孕妇使用，因为这可能对发育中的婴儿造成损害。

d. 阿曲汀可能会加重糖尿病、升高血脂并引起肝脏炎症。如果您有这些问题，请在治疗前告知医生。



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e. 在服用任何新药物前，请告知您的医生和药剂师您正在服用阿曲汀。可能与阿曲汀产生相互作用的药物包括：

- 维生素A保健品（不应服用）
- 四环素类抗生素
- 甲氨蝶呤
- 抗癫痫药物
- 单孕激素/小剂量避孕丸

7. 如何监测阿曲汀的副作用？

空腹血液检查（检查肝肾功能、血脂）将在开始治疗前和每3个月进行一次。服用阿曲汀的儿童将被监测其生长情况。